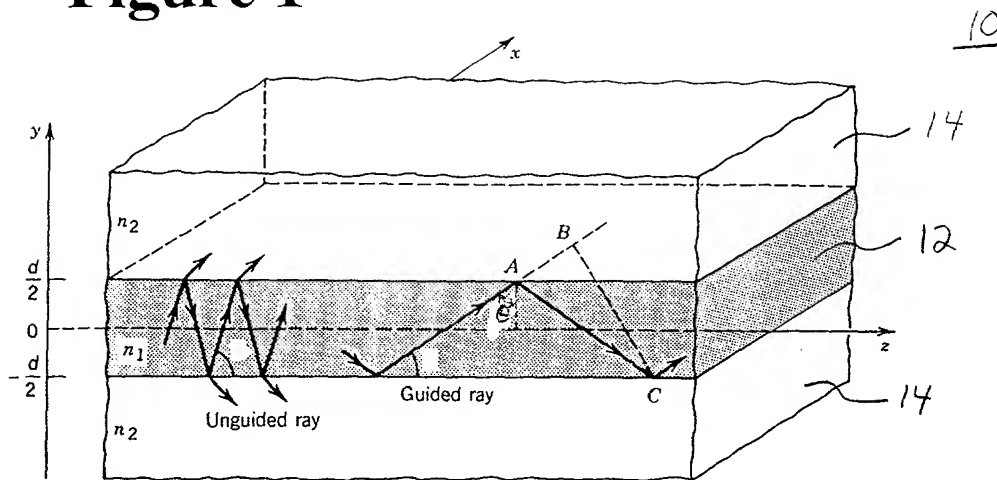
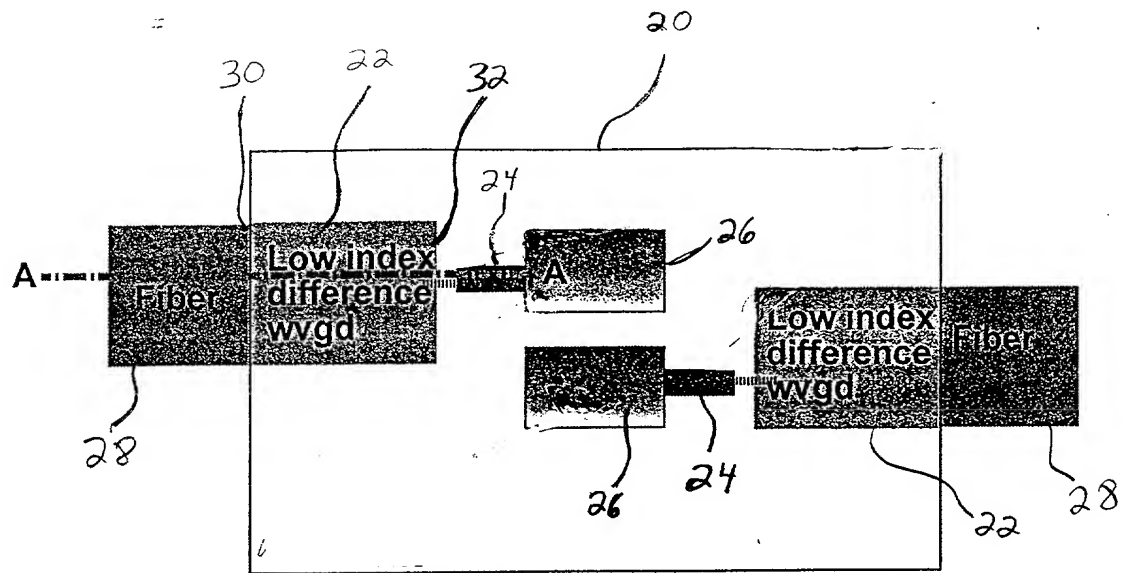


# Figure 1

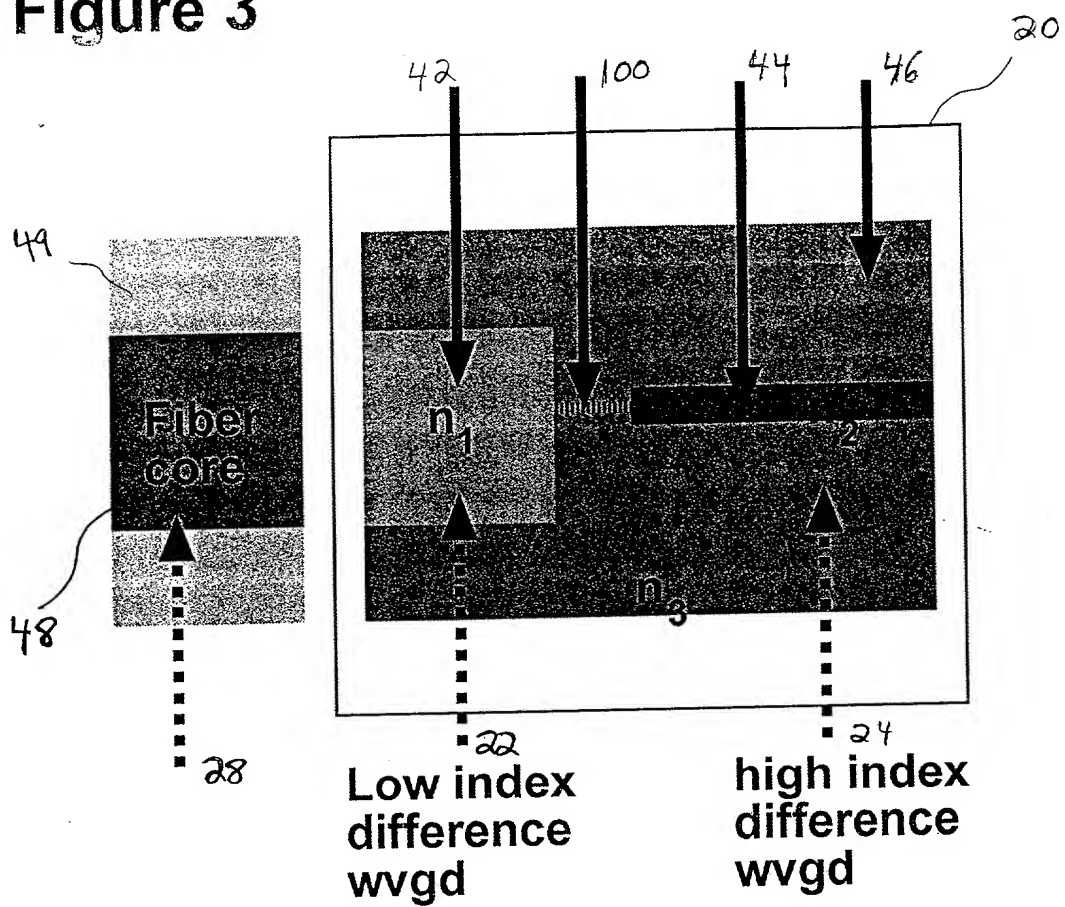


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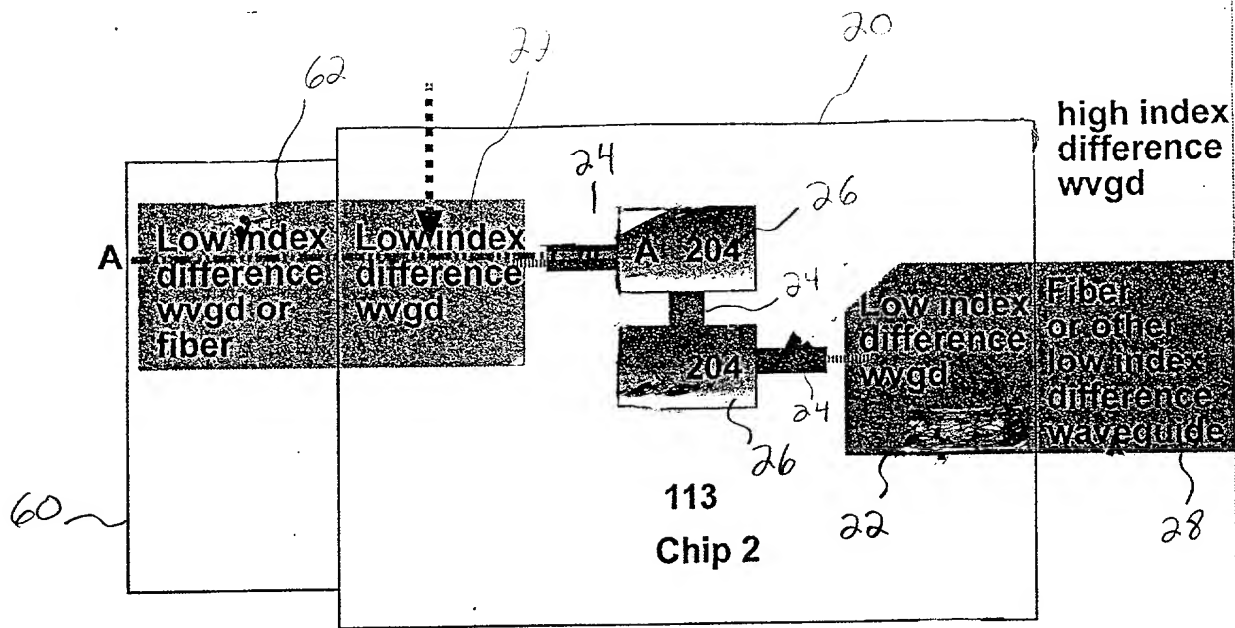


**Figure 2**

# Figure 3

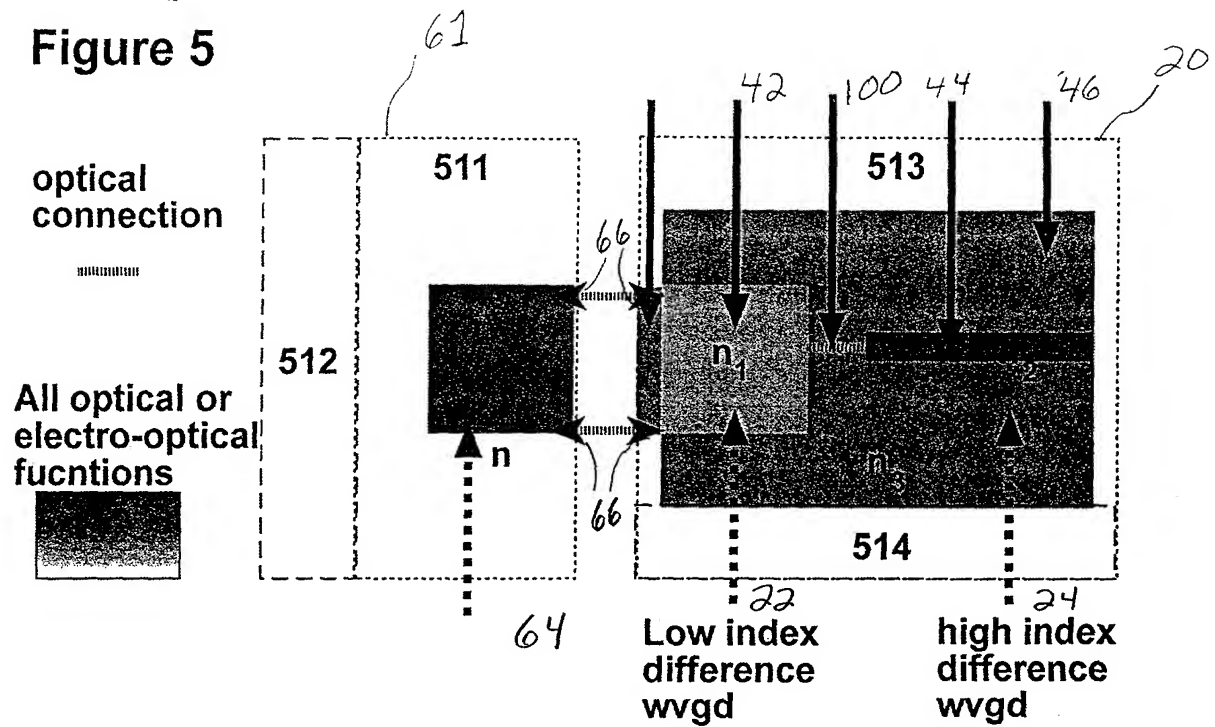


### Figure 4



Variable	Mean	SD	Minimum	Maximum
Age	24.5	4.5	18	35
Gender	50%	50%	Male	Female
Marital status	50%	50%	Married	Single
Education	12.5	1.5	10	15
Income	1500	500	1000	2000
Occupation	50%	50%	Manager	Worker
Religion	50%	50%	Muslim	Christian
Health status	50%	50%	Good	Poor
Smoking status	50%	50%	Smoker	Non-smoker
Alcohol consumption	50%	50%	Yes	No
Exercise frequency	2.5	1.5	0	5
Stress level	3.5	1.5	1	5
Sleep quality	3.5	1.5	1	5
Appetite	3.5	1.5	1	5
Energy level	3.5	1.5	1	5
Mood	3.5	1.5	1	5
Concentration	3.5	1.5	1	5
Memory	3.5	1.5	1	5
Emotional stability	3.5	1.5	1	5
Self-esteem	3.5	1.5	1	5
Life satisfaction	3.5	1.5	1	5
Overall health	3.5	1.5	1	5

Figure 5



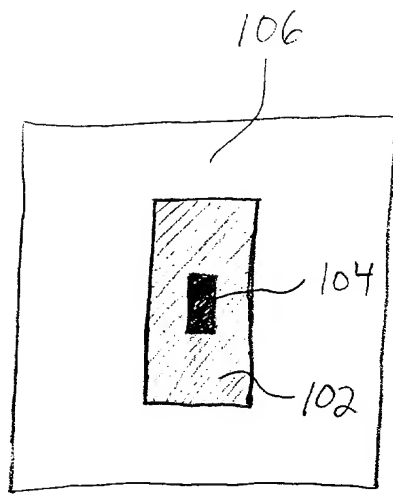


Figure 8

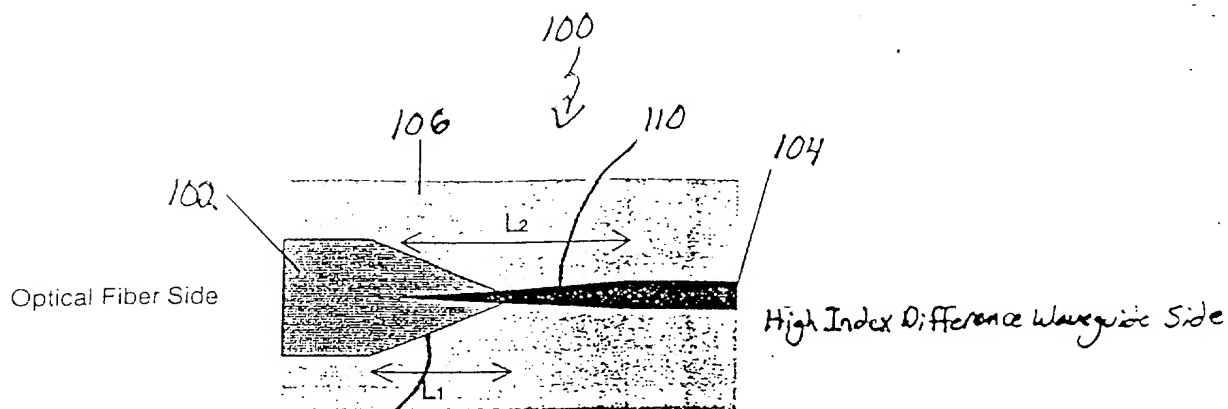


Figure 6

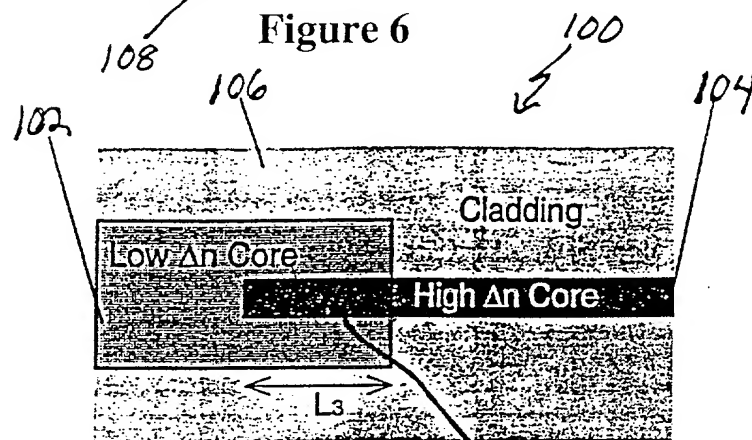


Figure 7

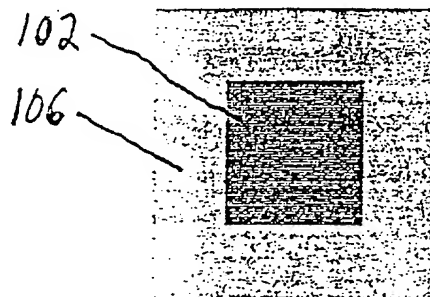


Figure 9

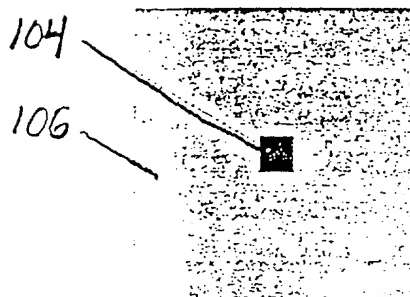
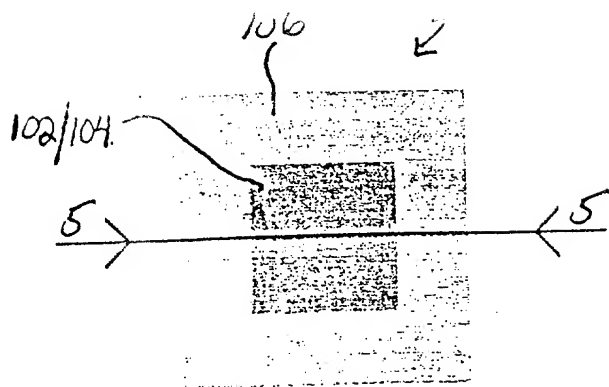
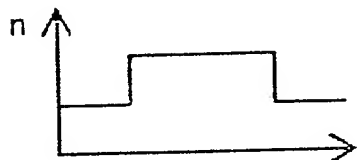


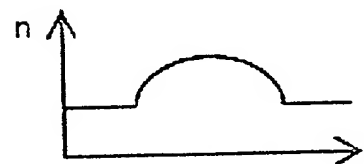
Figure 10



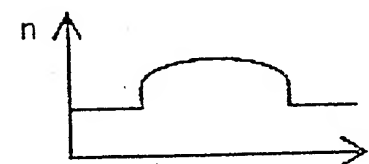
**Figure 11A**



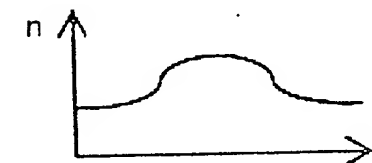
**Figure 11B**



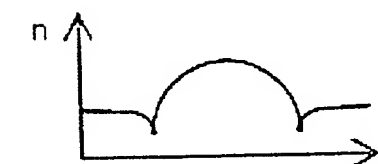
**Figure 11C**



**Figure 11D**



**Figure 11E**



**Figure 11F**





Figure 11G



Figure 11H

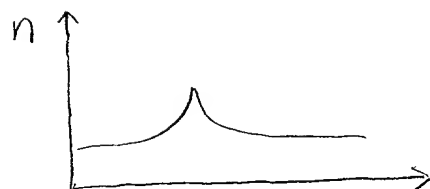
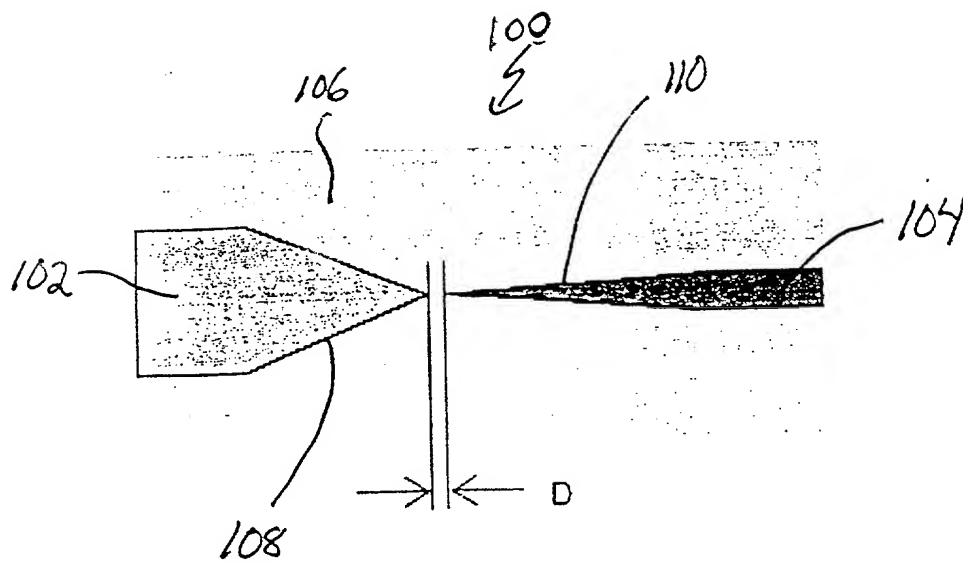
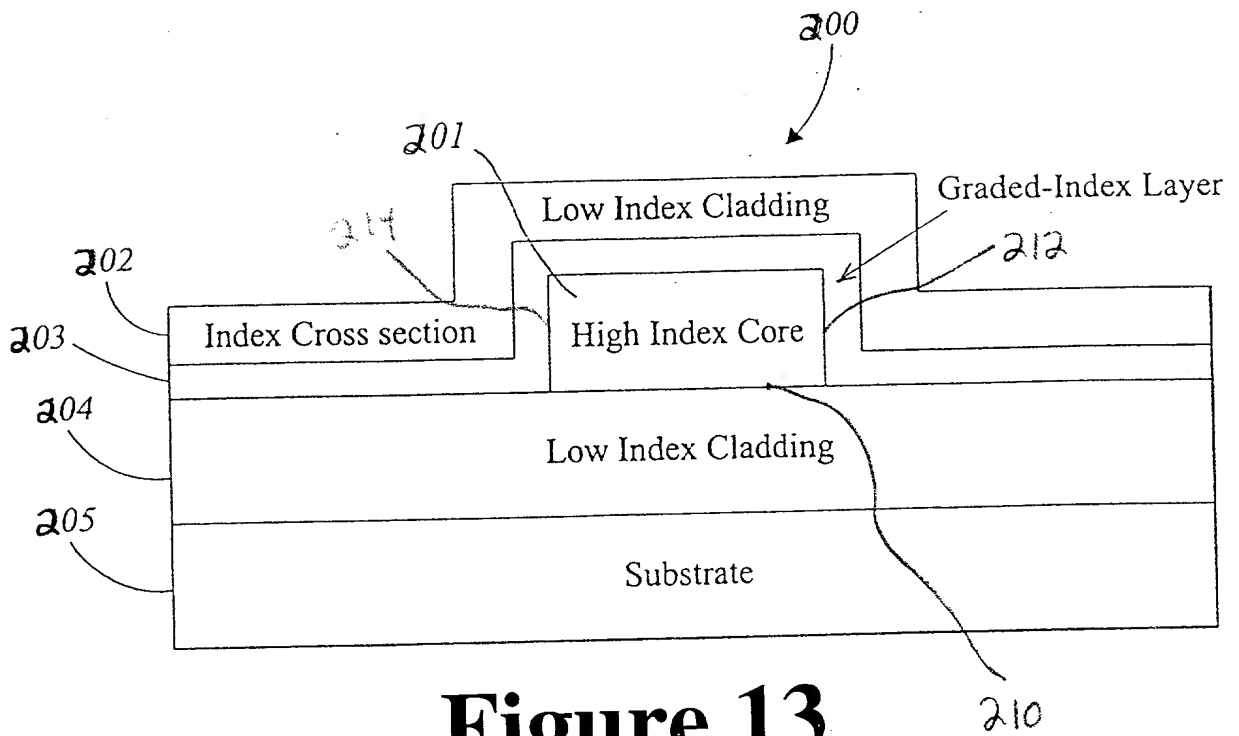


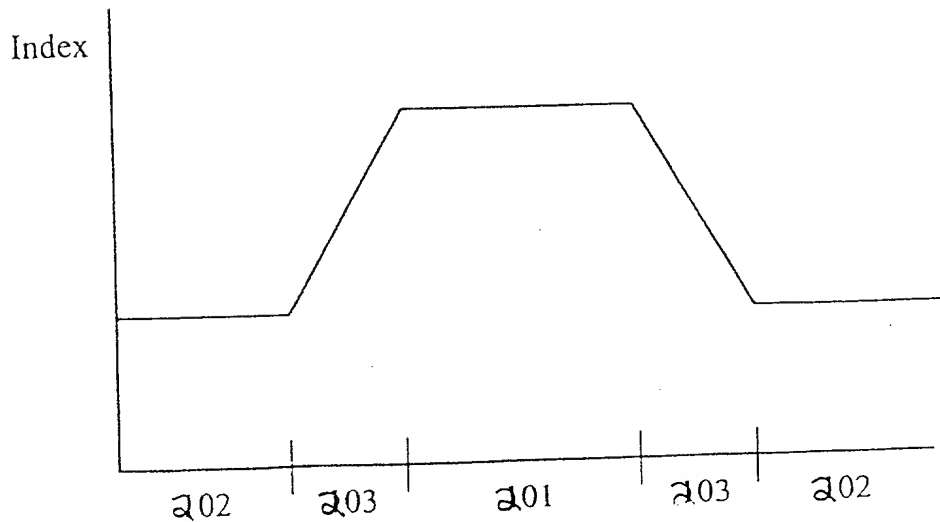
Figure 11I



**Figure 12**



**Figure 13**



**Figure 14**

Low Index Cladding



Graded Index Layer  
(High to Low Index)



High Index Waveguide Core/  
Low Index Cladding/  
Substrate

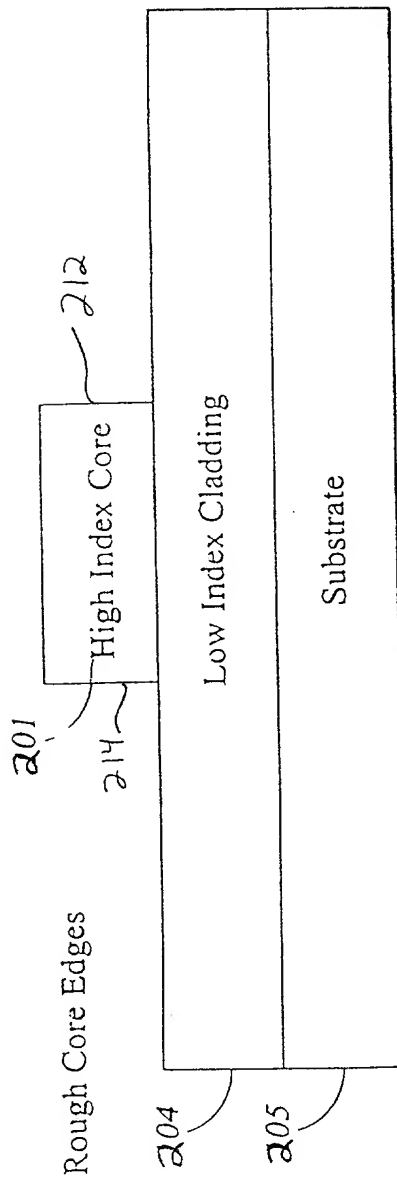


Figure 15

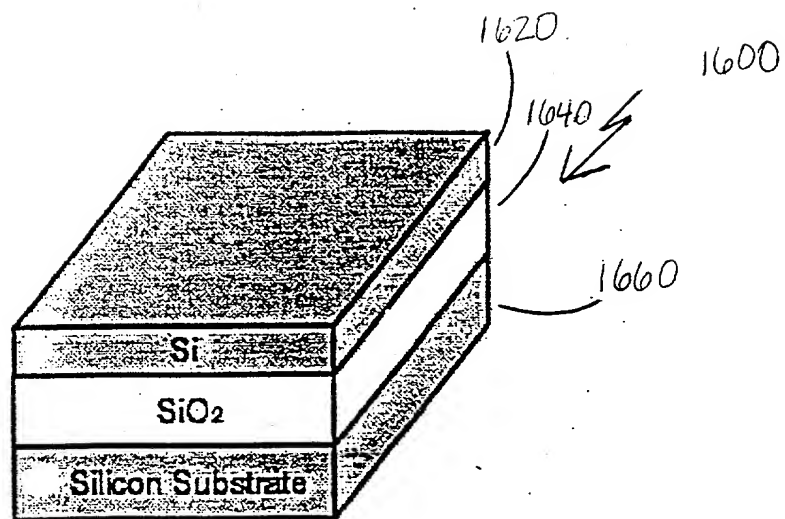


Figure 16

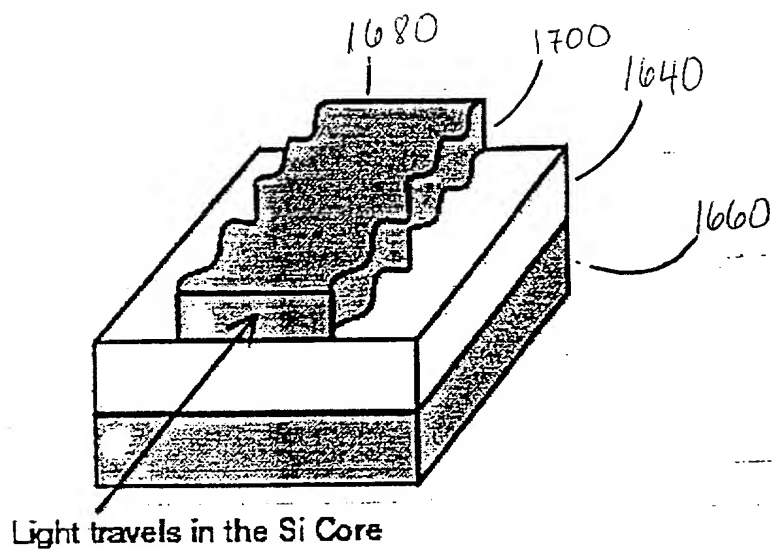


Figure 17

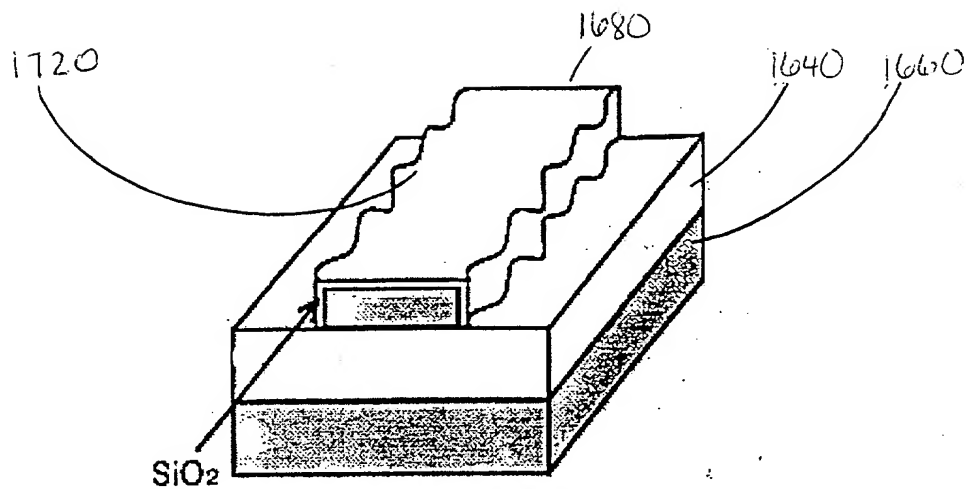


Figure 18

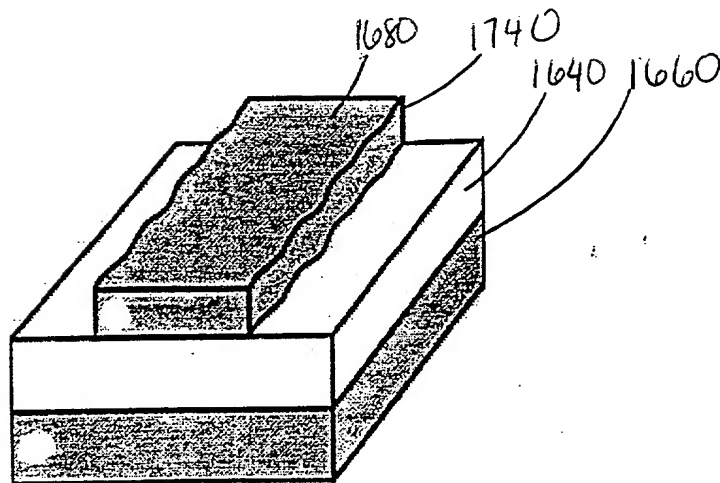


Figure 19

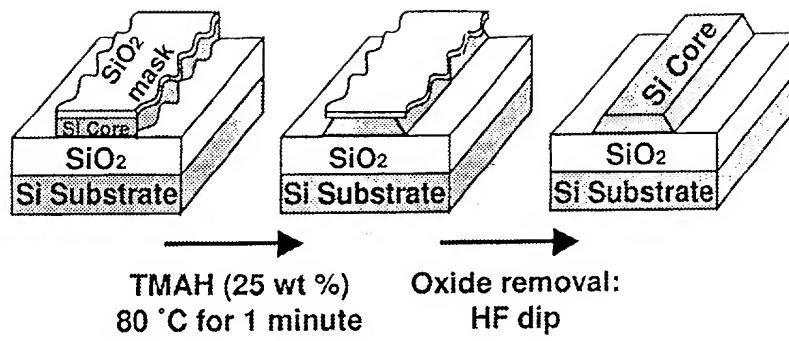


Figure 20.